Head of the Class
Fitness instructor Taryn Toomey is taking over Edgartown in July.

BY NATASHA WOLFF

Fitness guru Taryn Toomey has become famous for her signature mat-based class, a cathartic and grounding blend of yoga, strength training, and cardio called The Class, which she conducts in her Tribeca studio. Toomey, who started teaching the method out of the basement gym of her apartment building, now counts Jennifer Aniston, Naomi Watts, and Christy Turlington Burns as devotees of the workout. For the sixth consecutive summer, Toomey is offering The Retreatment, a weeklong yoga and wellness retreat that will be staged, as will tap and flung dance and performance companies from around the country. Martha’s Vineyard has always had a special place in Toomey’s heart. “I love going up-island with my kids, working out, and spending the day at the beach.”

What’s special about the island for you?
“Rong bars allows you to disconnect in a different way. It gives you a sense of peace and disconnection from the daily city grind. I love going up-island with my kids, working out, and spending the day at the beach.

Why is Vineyard Arts Project a great venue for this event?
“It’s perfect because it has a variety of room types, a gorgeous practice space for The Class, lots of room for family meals, and in a hop, skip, and jump away from downtown Edgartown, so guests have access to quite a lot during their free time. I spent my summers coming to Martha’s Vineyard, and the Vineyard Arts Project has always had a special place in my heart.”

What kind of experience can guests expect?
“The experience that the leaders create for the group is one of inclusivity, so that no matter if it’s your first Class or your ninth Retreatment, all are welcome, and a deep community is formed.

What’s new for the brand?
“I’m excited to look at our work and mission out to the world on a bigger scale. We’re always growing and thinking of ways to better serve our community.”

The island’s largest-year-round waterfront-front resort, within walking distance of Edgartown village and next to the beaches, the Harbor View Hotel has reopened after a large-scale renovation that lasted new months. The Victorian exterior has been restored, gardens redeveloped, and guest rooms, public spaces, and event venues reimagined under the purview of Boston-based designer Peter Norment. "It was very important to our owner, Bernard Chu, to maintain the property’s legacy and to utilize as many local artisans and dairy-free meals, which feature farm-to-table fare. Also on offer are healing sessions by Thomas Dreg, a reacncem- ment by Not Your Bigar Mamas, and a special beach dinner. We checked in with the trainer and mother of two to see why she loves Martha’s Vineyard and what she does on the island. From $3,200 per person, taryntoomey.com

Why is this a good location to host The Retreatment?
Martha’s Vineyard is easy for New Yorkers and Bostonians to hug over, and yet it still remains quiet and private. They can learn their worries and responsibilities behind without having to travel too far. The island, with its six old-fashioned neighborhoods and beautiful beaches, feels like a home away from home.

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